Kaleidoscope COOKBOOK

KALEIDOSCOPE COOKBOOK FOREWORD

Dear Kaleidoscope Viewers,

I'd like to thank all of you who shared your favorite dishes in our Kaleidoscope recipe contest. We received many excellent entries in our Kaleidoscope Cookbook. I think you'll find it enjoyable reading and eating. Because we received so many recipes, we were unable to include them all in the cookbook. Let me assure you that all were appreciated.

I'd like to take a moment to thank the judges of our contest: Teresa Lang of the Sedgwick County Extension Office, Carol Scroggins of IGA, Charlene Patton of the Kansas State Board of Agriculture; cookbook author and microwave expert, Carolyn Dodson and restaurateur, Antoine Toubia. Thanks also to our contest sponsors: Old Mill Restaurant in Newton, Larcher's, Pepperoni Express, Mike's Steak House and Willie C's. When you get tired of cooking, all would love to serve you.

Thank you for watching Kaleidoscope and bon appetit!

Vicky Collins
Kaleidoscope Producer

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Measurement abbreviations:

t. ..... teaspoon
T. ..... tablespoon
c. ..... cup
pkg. ..... package
lb. ..... pound
oz. ..... ounce
qt. ..... quart
lg. ..... large
sm. ..... small
med. ..... medium
pt. ..... pint

MAIN DISHES

NOTES

Crepe Delight — Marilou Ives
Serves about 8 crepes — Satanta, KS

Crepe batter
2 eggs
1¼ c. flour
1 c. milk
2 T. melted butter
Using method of your choice, cook 45-60 seconds.
Filling
3 med. carrots, sliced
1 pkg. oriental style vegetables or broccoli & sugar peas
1 c. mushrooms
1 t. salt
Heat 5 minutes in microwave on high or in conventional oven.
Sauce
2 T. margarine
4 T. flour
1 c. hot milk
¾ c. Cheddar or Monterey Jack cheese
Salt and pepper to taste
Heat and stir together
To assemble, put nice helping of vegetables in each crepe. Fold over and pour sauce on each crepe.

Elaine's Chicken Casserole — Elaine Bird, Wichita, KS

4 or 5 pieces of boned white chicken (raw)
1 can cream of chicken soup
6 slices of American cheese
¼ c. melted butter or margarine
2¼ c. of Pepperidge Farm Bread Crumbs
¼ c. of water
Place boned chicken in the bottom of a 13"x9" baking dish. Cover chicken with cheese slices. Mix soup and ¼ cup of water and pour over chicken and cheese. Then cover with 2¼ cups of Pepperidge Farm Bread Crumbs. Melt ¼ cup butter or margarine and sprinkle the butter over the top.

Chicken What — Grace Koepke
Serves 12 — Dodge City, KS

6 whole chicken breasts, boned and split in half
2 cans mushroom soup
1 carton sour cream (small)
¼ c. red wine or cooking wine
Dash of Tabasco sauce
1 pkg. (2½ oz.) Swiss Premium dried beef
Roll each piece of chicken and wrap around with a slice of bacon, fasten with toothpick. Mix together next four ingredients well. Chop dried beef into small pieces. Place in bottom of pan ½ of chopped beef. Place rolled chicken over the chopped beef, pour the mixture above over chicken. Sprinkle the rest ½ chopped beef over casserole. Bake 2 hours in 350 degree oven. Will serve 12 people ½ breast each.

FIRST PRIZE

Chicken Pepperoni — Betty Keeney
Serves 6 — Wichita, KS

2½ lb. frying chicken or choice pieces
1 c. flour
1/3 c. oil
Season with salt and pepper (to taste)
Flour and season the chicken and roll in flour. Brown in skillet with oil on both sides. Chicken doesn't have to be completely done. Set aside in a baking dish big enough to hold chicken, around 3 quarts.
Pepperoni Sauce
2 small cans tomato sauce
1 can water
½ c. chopped onion
1 diced green bell pepper
1 diced garlic clove
1 T. olive oil
1 t. basil
1 t. oregano
Salt and pepper to taste
1 lb. pepperoni, diced
1 c. grated Mozzarella cheese
In a skillet add oil and saute onions, green peppers and garlic until done. Add tomato sauce, water, salt, pepper, basil, oregano and pepperoni. Cook over low heat for about an hour. The sauce can be made ahead of time and put in refrigerator. Spoon pepperoni sauce over browned chicken in baking dish. Bake in 350 degree oven for 45 minutes. The last 15 minutes of baking, remove from oven and top with grated Mozzarella cheese.

Chinese Chicken or Beef Chow Mein — Virginia West, El Dorado, KS
Serves 8

1½ lbs. beef chuck roast or chicken thighs
1 T. shortening
2 T. flour
1½ c. hot water
1 10¾ oz. cream of mushroom soup
1 8 oz. can sliced water chestnuts
1 14 oz. can bean sprouts
1 c. chopped celery
1 c. chopped onion
1 green pepper, chopped
1 T. soy sauce
1 9 oz. can chow mein noodles
Salt to taste
In dutch oven: Fry beef or chicken with shortening until done then add flour and stir well, add hot water. Then add all other ingredients. Cook until celery and onions are tender. Serve on chow mein noodles.

Mock Chop Suey — Betty C. Garey, Hutchinson, KS
Serves 6

1 lb. ground beef
¾ c. chopped onion
2 c. chopped celery
½ c. uncooked rice
1 can (5 oz.) chinese noodles
1 can cream of chicken soup
1 can celery soup
2 c. boiling water
1 T. soy sauce
Brown ground beef, drain off fat. Combine with remaining ingredients except chow mein noodles. Bake in covered 13"x9" dish, at 350 degrees for 45 minutes. Uncover, sprinkle with noodles. Bake 10 minutes longer.
Great with cooked chicken or turkey.

Mexican Casserole — Shirley Turnbow, Wichita, KS

1 16 oz. bag corn chips
1 11 oz. can nacho cheese soup
1 10 oz. can cream of mushroom soup
1 15 oz. can chili with beans
1 4½ oz. can chopped black olives
½ can (5oz.) Ro-tel chili sauce
1 c. grated cheese (Cheddar)
Mix together soups, chili, olives and chili sauce. In a 2½ quart casserole dish put:
1st layer corn chips to fill bottom
2nd layer ½ of mixture above
3rd layer more corn chips layered over mixture
4th layer rest of mixture
Cook 45 minutes at 350 degrees. Remove from oven, top with crushed corn chips. Sprinkle grated cheese on top. Cook 5 to 7 minutes until cheese is melted.

Spanish Rice — Iva Mae Bowers, Wichita, KS
Serves 8

1 c. uncooked long grain rice
1½ lbs. lean ground beef
¾ c. chopped green pepper
1 t. salt
1 t. sugar
½ lb. American cheese, grated
2 T. butter or margarine
1 med. onion, finely diced
1 16 oz. can tomatoes, chopped
1 t. celery salt
⅛ t. freshly ground pepper
Add rice gradually to salted, rapidly boiling water and cook until barely tender. Rinse in cold water and drain. Melt butter or margarine in skillet; add ground beef, onion, and green pepper. Saute, stirring occasionally until meat is lightly browned and finely crumbled. Add tomatoes, salt, celery salt, sugar and pepper. Simmer 20 minutes. Add to drained rice; add ½ cheese and mix well. Pour into a greased 9"x13" baking dish, sprinkle with remaining cheese and bake uncovered in a preheated 350 degree oven for 30 minutes or until thoroughly heated. Let stand briefly before serving.

Tamale Pie — Vernamae Case, South Hutchinson, KS
Serves 8

1½ lbs. ground beef
1 c. chopped onion
1 c. chopped green peppers
2 8 oz. cans (2 cups) seasoned tomato sauce
1 12 oz. can mexicorn (or whole kernel corn) drained
1 clove garlic
1 T. sugar or sugar substitute to equal 1 T. sugar
½ t. salt
2 or 3 t. of chili powder
Dash pepper
1½ c. shredded cheese
Brown meat and add onions and peppers, simmer until tender. Pour off excess fat.

Add next 7 ingredients. Simmer 20 to 25 minutes. Add cheese; stir until melted. Pour into greased 9"x9"x1½" baking dish.
Corn Meal Topping:
1¼ c. yellow corn meal
2¾ c. cold water
½ t. salt
1 T. butter or margarine
Stir corn meal and salt into cold water. Cook until thick. Add butter or oleo and mix well. Spoon over hot meat mixture and spread evenly. Bake casserole at 375 degrees for 35 to 40 minutes. This freezes well.

Mexican Meat Loaf — Jean Tabor, Wichita, KS

2 lbs. hamburger
1 lb. cheese
1 doz. lg. flour tortillas
1 can cream of mushroom soup
1 can chicken and rice shop
1 8 oz. can tomato soup
1 4 oz. can chopped green chilies
1 8 oz. jar hot sauce
1 med. onion
1 t. garlic salt
Brown hamburger and onion. Drain, add rest of ingredients (except tortilla and cheese), let simmer. Grate cheese then take six shells to tear into pieces. Place in bottom of a large greased casserole dish then spread on half of the meat mix. Place over shells and then spread half of the cheese. Tear the rest of the shells over this and spread rest of mix over. Then top with cheese. Place in oven until cheese melts.

"First Choice Meat Loaf" — Doris Barb, El Dorado, KS
Serves 6-8 generously

Part I
1 lb. ground beef
1 t. salt
½ cup quick oats
1 beaten egg
¼ c. chopped onion
¼ t. pepper
2/3 c. tomato juice
Part II
2/3 c. catsup
½ c. water
2 t. horseradish
¼ c. brown sugar
1 t. prepared mustard
Combine all ingredients in Part I; place in casserole. Mix sauce and place half of it over the meat. Bake at 350 degrees for 30 minutes. Add the remaining half of the sauce and bake for an additional 30 minutes.

Meat Ball Stew — Ruby Rogers, Wichita,KS
Serves 4 to 6 lg. servings

1 lb. ground beef
1 16 oz. can tomatoes
2 bay leaves
2 quarts water
3 med. carrots (¼" slices)
1 c. sliced celery
1 med. onion coarsely chopped
3 potatoes diced
1 t. salt
1 t. pepper
1 small can (8 oz. each)
Corn
Peas
Grean Beans
½ small head cabbage cut into 6 wedges (optional)
In 5 quart pot, place water, tomatoes, bay leaves, salt, pepper, half of onion, carrots; bring to rolling boil, drop in meat balls. Reduce heat after 5 minutes to simmer, add potatoes, celery and other half of onion. Cook until potatoes are tender, add canned vegetables. Lay wedges of cabbage on top to steam until tender.

Hot Spiced Meatballs — Angie Zerger, Moundridge, KS
Serves 2 hearty appetites

Meat balls:
1 lb. ground beef
¾ c. fine dry bread crumbs
1½ T. onion, minced
½ t. prepared horseradish
3 drops tabasco sauce
2 eggs, beaten
¾ t. salt
½ t. pepper
Combine all ingredients; form into ¾ inch balls. Fry medium high and pour off drippings. (Use large frying skillet).
Sauce:
¾ c. catsup
½ c. water
¼ c. vinegar
1 T. onion, minced
2 T. brown sugar
2 t. worcestershire sauce
1 t. dry mustard
¼ t. pepper
1½ t. salt
3 drops tabasco sauce

HOT FOOD...

FROSTY DRINKS...

FUN TIMES...

ON THE PARKING LOT

TOWNE EAST MALL

686-0753

WILLIE C'S MEAT LOAF

Serves 8 to 10

1½ lbs. ground beef
1 c. bread crumbs
6 oz. yellow onion, diced ¼"
1 oz. worcestershire sauce
1 whole egg
½ T. salt
¼ t. black pepper
½ c. tomato sauce
Meat loaf sauce (see directions)
Mix all ingredients together in a mixing bowl. Mix thoroughly to evenly distribute all ingredients. Shape into loaf and pat into a 5"x9" loaf pan. Cover tightly with foil and place in pre-heated oven at 350 degrees for 55 minutes. Remove foil and pour off any excess fat. Pour ½ cup of meatloaf sauce over the loaf. Place back in 350 degree oven for additional 30 minutes. Do not cover with foil. Cut and serve or cover and refrigerate if planning to serve later.

Meat Loaf Sauce
1 pt. canned tomato sauce
5½ oz. yellow onion, diced ¼"
1 T. worcestershire sauce
5½ oz. water
¼ c. dark brown sugar
¼ c. cider vinegar
3 T. yellow mustard
In sauce pan, combine all ingredients. Place over medium heat and bring to a boil. Reduce heat to low and allow mixture to simmer for 5 minutes. Hold at low heat or refrigerate until needed. Will make about 1 quart.

Mix ingredients. Pour over cooked meatballs. Cover and cook 10 minutes. Shake occasionally. Serve hot over Minute Rice. (Make Minute Rice for 4 servings).

Italian Meat Balls And Spaghetti
Mrs. Carl H. Koster
Cheney, KS

4 slices dry bread
1 lb. ground beef
2 eggs
½ c. grated Romano cheese (or Parmesan)
2 T. chopped parsley
1 clove minced garlic
1 t. crushed oregano
1 t. salt
Dash pepper
2 T. olive oil for frying
Hot cooked spaghetti
Grated Parmesan or Romano cheese
Bottled spaghetti sauce
Soak dry bread in water 2 to 3 minutes, then squeeze out moisture. Combine soaked bread with beef, eggs,cheese, parsley, garlic, oregano, salt and pepper, mixing well. Shape into small balls (about 20). Brown slowly, turning carefully. Add browned meatballs to bottled (Ragu) meat sauce that has been put in pan to simmer. Simmer together 15 to 20 minutes. Serve over hot spaghetti. Pass the Parmesan or Romano cheese for topping.

Baked Spaghetti Easyoff!
Marjorie Thompson
Hutchinson, KS

2 slices of bacon, dried
2 med. onions diced
Pinch of garlic
½ lb. ground beef
2 8 oz. cans tomato sauce
Diced olives
Mushrooms
½ pkg. of uncooked spaghetti
1 c. shredded Cheddar cheese
Parmesan cheese
Cook bacon and onions. Add garlic, ground beef, tomato sauce, olives, mushrooms and cook in skillet 30 minutes. Then in baking dish place spaghetti, pour sauce over, alternating with cheddar cheese. Cook 30 minutes in 350 degree oven. Cover with foil. Then cook 15 minutes uncovered, adding Parmesan cheese sprinkled over.

Sheila's Lasagna
Serves 6 to 8
Sheila Finkle
Buhler, KS

1½ lb. hamburger
1 c. onion
1 can tomatoes (1 lb. 12 oz.)
1 can tomato sauce (15 oz.)
1 clove garlic (minced)
1½ T. sugar
1½ T. parsley (dried)
1 t. sweet basil
1 t. salt
2 lbs. Cottage cheese (small curd)
1 T. parsley
½ c. Parmesan cheese
1 t. salt
1 t. oregano
Mozzarella cheese (12 oz.)
Lasagna noodles (box)
Brown hamburger, onions, garlic. Add tomatoes, sauce, sugar, basil, salt and parsley. Simmer, uncovered, 1 hour. Cook lasagna noodles. Mix together the Cottage cheese and Parmesan cheese, parsley, salt and oregano. Grease 9"x13" pan. Layer noodles, sauce, Mozzarella cheese and Cottage cheese, reserving sauce for the top. Sprinkle with Parmesan cheese. Bake uncovered 45 minutes at 350 degrees. Cool 15 minutes before cutting.

SECOND PRIZE

Brunch Sausage Pizza
Serves 6 to 8
Lola Cleavinger
Wichita, KS

1 lb. bulk Italian pork sausage (hot)
1 8 oz. pkg. refrigerated Quick Crescent Dinner Rolls
9 oz. (3 patties) or 2 c. thawed shredded hash brown potatoes, (squeeze out any excess moisture)
1 c. (4 oz.) shredded Monterey Jack cheese
1½ c. (6 oz.) shredded med. Cheddar cheese
5 lg. eggs
½ c. sour cream
2 oz. jar diced pimientos
1/3 c. chopped green onions, (include some tops)
¼ t. seasoned pepper
Heat oven to 375 degrees. In large skillet saute Italian sausage quickly over medium heat until all pink disappears.

Drain meat well. Cool and set aside.
Separate Crescent dough into 8 triangles. Place triangles, smaller end pointing toward the center of an ungreased 12" pizza pan; press over bottom and ½" up sides (flute edge to form the outside crust). Press and seal perforations. Distribute sausage with shredded hash browns, green onions, pimientos, Monterey Jack and Cheddar cheeses.
Beat the eggs; stir into egg mixture the sour cream and seasoned pepper. Carefully spoon mixture over the top of your prepared crust.
Bake in 375 degree oven for 25 to 30 minutes or until eggs are set and crust is golden brown. Let pizza set 5 minutes before cutting. Garnish with tomato rose and parsley. This dish can be prepared ahead, refrigerated and baked just prior to serving.

Hash Brown Potato Casserole — Jean Regan, Wichita, KS

1 pkg. frozen hash browns
1 pt. sour cream
1 can cream of chicken soup
4 T. melted margarine
3 to 4 chopped green onions
2 c. grated cheese
Crushed corn flakes
4 T. melted margarine
Grease cake pan, oven 350 degrees.
Layer:
1st hash browns
2nd next 3 ingredients (mixed together)
3rd green onions
4th cheese
5th corn flakes
6th margarine
Cover and bake 1 hour or until hot throughout.

Super Pepperoni Casserole — Paula G. Webb, Wichita, KS
Serves 6-8

8 oz. sliced pepperoni
1 onion chopped
1 4 oz. can sliced mushrooms
1 T. dried parsley
1 4 oz. jar diced pimientos
4 c. cooked rice
Salt and pepper to taste
2 c. cooked green peas with no liquid
2 T. margarine
¼ c. grated Parmesan cheese

Simmer pepperoni, onion, mushrooms, parsley, and pimientos in a large skillet for 5 minutes. Toss with rice, salt and pepper to taste. Spoon into large serving dish and form a ring. Heat peas, margarine and cheese in a medium saucepan. Heap this mixture in the middle of the rice ring.

Turkey Divan — Kaye Bainbridge, Wichita, KS
Serves 4

2 10 oz. frozen broccoli
2 to 3 cups cooked turkey, cut in cubes
½ c. mayonnaise
1-2 t. curry powder
1 c. grated sharp Cheddar cheese
Buttered bread crumbs
2 10¾ oz. cans cream of chicken soup
Cook broccoli according to package, drain and cut into pieces. Spray 2½ quart deep dish with Pam or grease with butter, place broccoli in dish, top with cut up turkey. Mix soup, mayonnaise, cheese, and curry powder, pour over turkey. Top with buttered bread crumbs. Preheat oven 350 degrees. Bake 45 minutes. Serve with rice.

Turkey Tetrazzini — Holly Campbell, Winfield, KS
Serves 4-6

¼ c. chopped onion
2 T. butter
1 10 oz. cream of mushroom soup
1 c. water
2 c. diced turkey or chicken
2 T. chopped parsley
1 c. shredded Cheddar cheese
1 10 oz. spaghetti, cooked and drained
Saute onion in pan. Blend in soup and cheese until melted. Stir in the remaining ingredients and heat through, adding water as needed.

Easy Tuna Pie — Jeanne Riley, Geuda Springs, KS

Filling:
4 to 6 hard boiled eggs, chopped
1 can (6½ oz.) tuna, drained
½ c. chopped onion
1 can (10½ oz.) condensed cream of mushroom soup
2 T. Parmesan cheese
1½ t. lemon juice
½ t. parsley
¼ t. celery seed
¼ t. thyme

Mix all together and pour into the bottom crust. Top with the other crust, crimp the edges to seal and cut a few slits in the top. Bake at 450 degrees for 10 minutes, then reduce heat to 350 degrees and bake for 35 minutes more. Let set about 5 minutes before cutting.

Use crust for 9" double crust pie
(or use recipe below)

Pie Crust:
½ c. shortening or margarine (1 stick)
1½ c. all purpose flour
⅛ t. salt
5 T. cold water

Cut margarine into flour until texture is like meal. Add cold water. Work into a dough that is neither sticky nor crumbly. Divide into 2 pieces and roll each into round crusts 10" or 11" across using plenty of flour underneath to keep it from sticking.

Tuna Noodle Bake — Gloria Windholz
Serves 6 — Wichita, KS

6 oz. wide noodles
1 6½ oz. can tuna, drained
½ c. mayonnaise
1/3 c. chopped onion
1 c. chopped celery
¼ c. diced green pepper
1 10½ oz. can condensed cream of celery soup
½ c. milk
4 oz. sharp processed American cheese (shredded to 1 c.)
½ c. crushed potato chips.

Cook noodles in boiling, salted water until tender and drain. Combine noodles and the next six ingredients and ½ teaspoon salt. Blend soup and milk, heating thoroughly. Add cheese, heat and stir until cheese melts. Add to noodle mixture. Turn into 2 quart casserole. Top with crushed potato chips. Bake uncovered in a hot (425 degree) oven about 20 minutes.

Jimmy's Zippy Beef Casserole — Sharon Harmon
Serves 4 to 6 — Wichita, KS

1 lb. ground beef
½ c. uncooked macaroni
1 10½ oz.can cream of mushroom soup
¾ c. milk
2/3 c. catsup
½ c. shredded Cheddar cheese
¼ c. chopped green pepper
1 t. salt
1 c. crushed potato chips

Heat oven to 350 degrees. Cook and stir meat until brown. Drain off fat. Cook macaroni as directed on package; drain. In ungreased 2 quart casserole, mix all ingredients except potato chips. Sprinkle with potato chips. Bake 45 minutes.

Carl's Goulash — Vikki Chase
Serves 4 to 6 — Wichita, KS

2 lbs. ground beef
1 lg. onion, chopped
1 lg. green pepper
1 t. garlic powder
½ t. salt
½ t. pepper
2 10 oz. cans tomato soup
2 10 oz. cans mushroom soup
2 15 oz. cans kidney beans
1 lb. spaghetti
16 oz. American cheese slices or grated Cheddar cheese

Brown hamburger with chopped onion and green pepper. Season with garlic powder and pepper. Pour off excess fat. Bring 6 quarts of water and salt to boil. Add spaghetti. Drain spaghetti. Combine with beans, hamburger mixture. Then add soups and cheese. Heat thoroughly.

THIRD PRIZE

Bunyan Burgers — Marjorie Mitchem
Serves 12 to 15 — Sedgwick, KS

5 to 6 c. all-purpose flour
2 pkgs. instant dry yeast
1 pkg. dry ranch style buttermilk dressing (Reserve 1 t.)
1½ c. buttermilk
½ c. water
¼ c. Crisco
1 egg
2 T. sugar
1 t. salt
1 T. butter or margarine

In large mixing bowl, combine 2 cups flour, yeast, sugar, salt and salad dressing mix. Mix well. Heat butter, milk, water, Crisco, until warm (120-130 degrees). Crisco does not have to be melted. Add flour mixture, add egg. Blend until moistened, beat by hand or with mixer 3 minutes. Gradually stir in remaining flour to make a firm dough. Pat dough until smooth and elastic 5 to 10

minutes. Place dough in greased bowl, cover and let rise in warm place until doubled in size, punch down and divide into two parts. On lightly floured surface roll dough in 2 12"x7" rectangles. Starting with longer side, roll-up, tightly sealing edges and ends. Place seamside down on greased cookie sheet. Cut diagonal slashes about 2 inches apart on top of each loaf with kitchen shears. Cover and let rise in warm place until doubled, about 30 minutes. Brush with melted butter and 1 teaspoon reserved salad dressing mix. Cool on wire racks.

Filling:
2 lbs. ground beef
½ of a med. onion, chopped
1 6 oz. can tomato paste
3 to 4 tomato paste cans of water
2 T. brown sugar
1 t. salt
1 T. vinegar
½ t. oregano
6 slices cheese for each loaf of bread

Brown ground beef in skillet. Brown half of medium onion or more if you like, with ground beef, drain the fat off. Add can of tomato paste and water to the ground beef and onion. Add brown sugar, salt, vinegar and oregano. Let simmer 15 minutes.

Cut the loaves of bread lengthwise. Spread ground beef mixture in-between bread. Lay slices of cheese on top of ground beef mixture. Wrap in aluminum foil and put on cookie sheet and heat in 375 degree oven for 10 minutes or until cheese melts. Serve hot.

SECOND PRIZE

Hot Dog Curls — Beverly Jinkerson, El Dorado, KS

1 hot dog, per serving
1 slice of cheese, per serving
1 slice of bread, per serving
Mustard
Toothpicks

Cut crust from bread and roll with rolling pin until thin. Spread with mustard, place cheese and then hot dog on top. Roll up and secure with toothpicks if necessary. Wrap each curl in a paper towel, place on a plate and microwave 40 seconds for one, one minute for two.

SOUPS

Golden Cheese Soup — Angie Zerger, Moundridge, KS
Serves 6 to 8

6 med. potatoes, cubed
3 c. celery, sliced
3 c. carrots, sliced
¾ c. onion, chopped
2 lbs. ham (pre-cooked), cubed
3 c. water

Combine in large soup kettle. Cook over medium heat, covered, until tender. Approximately 15 - 25 minutes. Potatoes should not be quite done.

Thickening: In another sauce pan, melt ½ cup margarine, add ½ cup flour. Stir until bubbly and smooth. Add and stir in 1 quart milk. After it is well blended add this to vegetables. Cook over low heat stirring occasionally. If it is sticking to the bottom, turn heat down. Cook until thickened to desired consistency. Approximately 15 - 20 minutes. Salt and pepper to taste. Just before serving add 1 pound Velveeta cheese. Melt and serve.

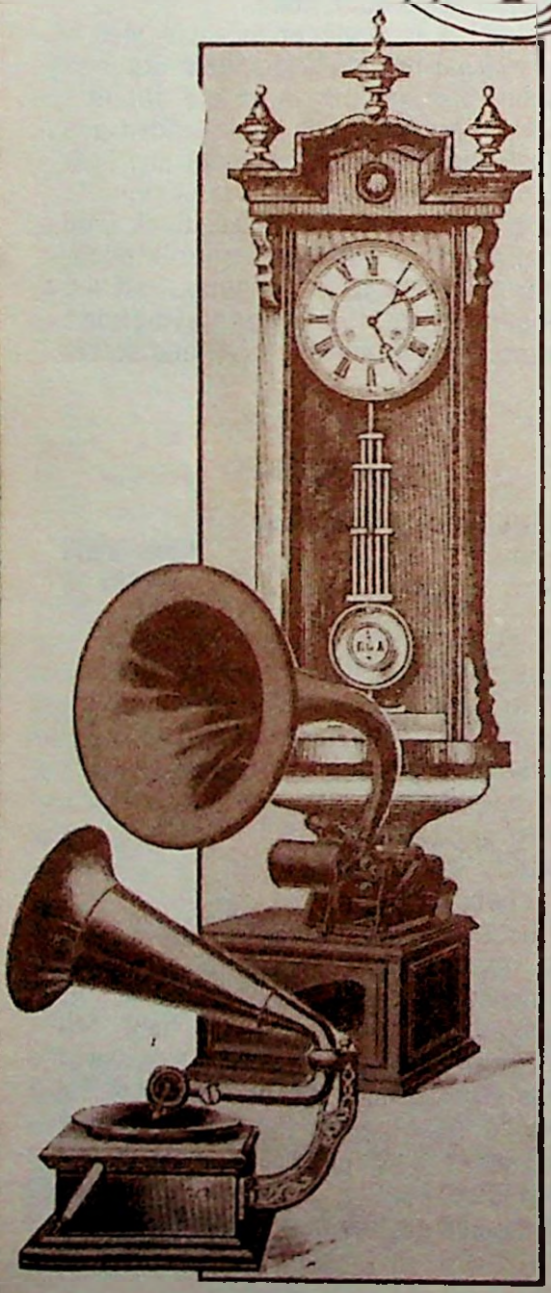
SECOND PRIZE

Buffalo Thoup (Thick Soup) — Norma Scheall, Wichita, KS
Serves 8 to 10
hearty appetites

2 T. corn oil
2 lbs. ground buffalo or lean beef
2 1 lb. cans stewed tomatoes
2 8 oz. cans tomato sauce
1 envelope dry onion soup mix
1 t. paprika
1 t. ground pepper
1 clove, garlic, minced
2 T. bacon bits
2 16 oz. cans mixed vegetables
1 c. noodles

Brown ground meat in corn oil. If using buffalo, use medium to low heat. Stir frequently leaving meat in fairly large (bite-sized) pieces. Drain excess fat. Put ground meat in large kettle or crock pot. Add other ingredients. Stir. Cook on low to medium heat for 3 hours or longer. Can be cooked on low in crock pot all day.

Mikes
steak house



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SALADS

NOTES

Tangy Orange Salad — Virginia Wesh
Serves 8 to 10 — El Dorado, KS

1 #2 can crushed pineapple, well drained
1 3 oz. pkg. orange gelatin, used dry
1 8 oz. carton frozen whipped topping, thawed
1 c. chopped pecans
1 16 oz. Cottage cheese
1 11 oz. can mandarin oranges, chopped
In 2 quart casserole, place Cottage cheese, sprinkle dry gelatin over top, add other ingredients, mix well and chill.

Quick Fruit Salad — Vernamae Case
South Hutchinson, KS

1 pt. fresh strawberries
(prepared and diced)
Sprinkle with 2 T. sugar or sugar substitute to equal 2 T. sugar
Let this set while preparing the rest of the salad.
1 can crushed pineapple packed in own juice
(do not drain)
3 bananas sliced
½ c. chopped nuts (optional)
1 box instant banana pudding
Add pineapple, bananas, and nuts to strawberries. Sprinkle a box of instant banana pudding over fruit. Stir until pudding is dissolved. Put into dessert dish. Top with non-dairy whipped topping and a strawberry. This can be low in calories if you use sugar substitute, sugar-free pudding and no nuts.

Fruit Delight — Florence E. Preheim
Moundridge, KS

1 lb. can sliced peaches
1 lb. can sliced pears
1 lb. can apricots (halved)
1 lb. can pineapple chunks
1 11 oz. can mandarin oranges
1 can cherry pie filling
Drain all the fruit and arrange in a lightly greased 9"x13" pan. Spread one can of cherry pie filling over the fruit. Cover this with the following sauce.

Sauce:
¼ lb. butter
½ c. sugar
2 T. flour
Cook this until thick and spread over the fruit mixture. Refrigerate this overnight or at least 5 hours. Bake 1 hour at 350 degrees. Serve it hot. This is especially good for a brunch. The juice can be used for jello or used as fruit juice.

Frozen Fruit Salad — Paula G. Webb
Wichita, KS

1 can 6 oz. frozen pink lemonade, thawed
1 can 6 oz. frozen orange juice, thawed
1 can 6 oz. water
1 can 20 oz. crushed pineapple with juice
¾ c. sugar
1 12 oz. bottle lemon-lime carbonated beverage
5 diced bananas
Mix the ingredients in a large bowl: put in freezer until mushy. After it gets mushy spoon into paper-lined muffin pans. Freeze until firm. Take out of the muffin pans and place in plastic bags and refreeze until ready to serve. This makes 24 individual salads. When ready to serve, take out of the papers and put on a lettuce leaf. Allow a little room-temperature standing as they are easier to eat when slightly thawed. This dish serves as a light dessert when unmolded in sherbet dishes.

Frozen Fruit Salad — Hattie Smith
Serves 10 to 12 — Wichita, KS

Blend:
8 oz. Cream cheese
¾ c. sugar
Add:
3 diced bananas
1 10 oz. frozen strawberries (thawed)
1 c. pineapple (drained)
1 lg. Cool Whip
Mix and Freeze.

Strawberry Cottage Salad Mrs. Darrel Hoobler
Serves 6 Plains, KS

1 3 oz. pkg. strawberry gelatin
1 12 oz. carton Cottage cheese
1 10 oz. box frozen strawberries, drained
1 4½ oz. carton prepared topping
Mix gelatin into Cottage cheese, then fold in strawberries, and last your prepared topping. Place ingredients in medium sized mixing bowl and put in refrigerator until set. Be creative, use your favorite gelatin and fruit to create your own salad.

Salad Quick & Easy Mary Vincent
Kiowa, KS

1 carton (lg.) Cottage cheese, drained
1 can mandarin orange slices (drained and cut up)
½ c. crushed pineapple, drained
1 lg. tub of Cool Whip
1 box orange jello (dry)
Mix all together, except jello. When all is mixed, pour the dry orange jello over the mixture and stir well. Store in cool area. Save the orange and pineapple juice, mix and drink.

Pea Salad Shirley Turnbow
Wichita, KS

1 lb. pkg. frozen peas, thawed
1 med. head lettuce, chopped in small pieces
1 med. red onion, chopped
1 c. mayonnaise
¼ c. milk
1 med. bell pepper, chopped
1 stalk celery, chopped (one stem off a stalk of celery)
1 c. shredded cheese (your choice)
Put all together in a 2½ quart oblong serving dish. Mix well, spread evenly. Sprinkle shredded cheese.

FIRST PRIZE

Broccoli Salad Mrs. June Bennet
Serves 6 to 8 Hutchinson, KS

1 lg. head broccoli, chopped
8 to 10 slices bacon (fried crisp and crumbled)
½ or less red onion, finely chopped
½ c. raisins
Combine the four ingredients listed above into a bowl.
¾ c. mayonnaise
½ c. sugar
2 T. vinegar
Combine and mix the above 3 ingredients and pour over the broccoli mixture. Let marinate at least 1 to 3 hours or overnight. (I like to use the Hidden Valley Ranch Milk dressing mix. One cup would be used in place of the mayonnaise, sugar, vinegar mixture.)

Broccoli & Olive Salad Mrs. Victor Larson
McPherson, KS

1 10 oz. frozen broccoli, (thawed and drained)
1½ c. stuffed olives, finely sliced
6 eggs, hard-boiled and chopped
5 oz. water chestnuts, sliced
½ c. mayonnaise
Combine thawed broccoli, olives, onions, eggs and water chestnuts. Coat with mayonnaise. Served chilled in bowl, or in hollowed-out honeydew melon shell.

Spinach Salad Myra White
Wichita, KS

2 10 oz. pkgs. frozen chopped spinach (defrosted and drained, but still cold)
3 eggs, hard boiled or scrambled firm and chopped
3 to 4 strips crisp bacon crumbled
1/3 c. sour cream
1/3 c. mayonnaise or salad dressing
1 T. mustard (your favorite flavor)
¼ c. chopped green onions
Other optional ingredients: garlic salt, dash to taste, curry powder, dash to taste, chopped water chestnuts.
Combine all ingredients and mix thoroughly. Chill until time to serve (Keeps well so it can be made ahead of time.)

SECOND PRIZE

Summer Delight Betty C. Garey
Serves 4 Hutchinson, KS

6 c. torn fresh spinach
1 c. cooked chunk breast of chicken
2 med. oranges, peeled and sectioned
¾ c. sliced fresh mushrooms
1 small red onion, sliced and separated into rings
4 slices processed cheese, any flavor, cut into strips
In large bowl, combine all ingredients except cheese product, chill. Just before serving, add cheese product and toss with your favorite low calorie dressing.

Spring Delight — Lola Cleavinger, Wichita, KS

10 oz. fresh spinach (approximately 8 cups)
2 c. fresh strawberries, sliced
Wash spinach and tear into bite-size pieces. Prepare and slice strawberrries. Place spinach and berries into a large salad bowl. Just before serving, gently toss salad with sour cream dressing.
Sour Cream Dressing
½ c. dairy sour cream
¼ c. honey
2 t. fresh lime juice
⅛ t. ground cardamom
In small bowl, combine sour cream, honey, fresh lime juice and cardamom. Blend well. Refrigerate an hour to blend flavors. Makes approximately ¾ cup. This dressing can be used on other fresh fruit salads.

Garden Glory Salad — Jean Regan, Wichita, KS

1 pkg. lemon jello
2 stems celery, diced
2 sweet pickles, diced
1 t. minced onion
¾ carton small curd Cottage cheese
½ c. mayonnaise
1 c. hot water
½ green pepper, diced
2 grated carrots
12 stuffed olives, sliced
Dissolve gelatin in hot water and while it is cooking, prepare the rest of the ingredients. Mix into the jello and stir well. Pour in pan and refrigerate. Can be made the day before.

So Sweet Potato Salad — Mary Lynn Glenn, Wichita, KS
Serves 8

2 c. sweet potatoes, cooked and mashed
1½ c. sugar
2 beaten eggs
¾ c. melted butter
1 c. milk
½ t. nutmeg
½ t. cinnamon
With electric mixer on low, mix the above ingredients until blended. Pour into a 2 quart baking dish. Bake at 400 degrees for 20 to 30 minutes. Remove from oven and prepare topping.

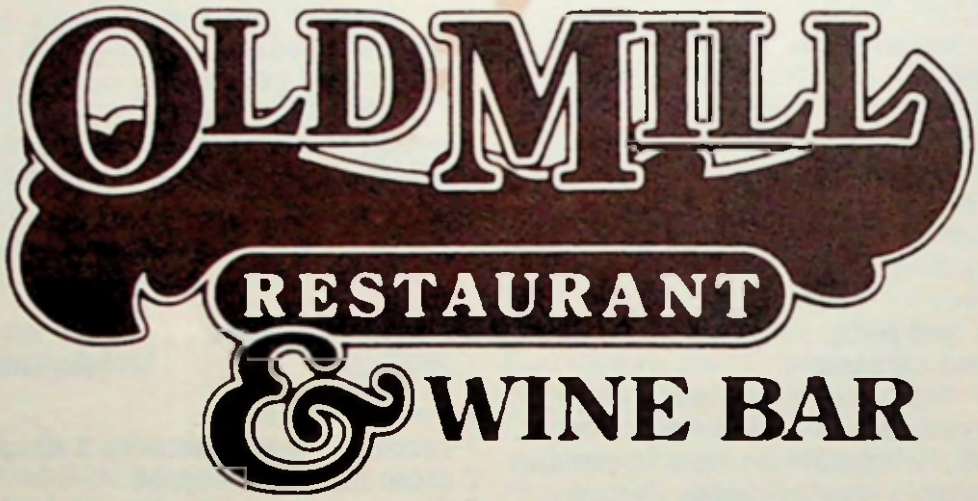
Topping:
¾ c. crumbled corn flakes
½ c. brown sugar
½ c. chopped pecans
6 T. melted butter
Combine above ingredients, put on top of potatoes. Return to 400 degree oven for 10 minutes.

Mr. Bob's Pasta Salad — Bob Kellet, Valley Center, KS

2 tomatoes, chopped
1 cucumber, seeds removed & chopped
2 green peppers, chopped
2 green onions, finely sliced
1 pkg. (2.5 oz.) sandwich type pastrami, chopped
1 12 oz. pkg. thin spaghetti
1 12 oz. bottle Ott's Famous (red) salad dressing
Break spaghetti in half and cook according to package directions. Don't overcook (spaghetti should be chewy, not mushy). Drain and rinse spaghetti well in cold water.
Starting with spaghetti, layer half of above ingredients in a 12"x8" baking dish using desired amount of salad dressing. Repeat with second layer and top with grated Parmesan cheese if desired. Refrigerate and serve.
This is also good with shrimp or sliced pepperoni substituted for the pastrami.

Deviled Pineapple Dip — Kaye Bainbridge, Wichita,KS
Yield 1½ cups

¾ c. pineapple chunks, drained
2 small cans deviled ham
1 3 oz. pkg. Cream cheese, (broken into pieces)
Put all ingredients in blender container in order listed. Cover container and blend at speed 10 until smooth. If necessary stop blender and push ingredients into blades with rubber spatula. Refrigerate until serving.



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VEGETABLES

FIRST PRIZE

Cream Cheese Corn — Lea Ann Mitchem
Serves 6 to 8 — Sedgwick, KS

1 20 oz. pkg. frozen corn
1 8 oz. pkg. softened cream cheese
1 T. chopped or minced onion
½ c. milk
Combine cream cheese, milk and onion in a microwave safe bowl, cover and cook in microwave for 2 minutes on power level medium. Take out and stir, rotate bowl and cook for 2 more minutes on power level medium. Stir and set aside. Cook frozen corn as directed on package for microwave use, then drain corn and stir cream cheese mixture into corn in microwave safe bowl and put into the microwave for 4 minutes on power level medium, rotating once.

Barbecued Green Beans — Sheila Finkle
Serves 6 to 8 — Buhler, KS

6 strips bacon, diced
1 med. onion, diced
Saute above ingredients.
2 cans green beans, drained
1 can tomato soup
2 T. brown sugar
1 T. barbecue sauce
Mix together. Bake 30 to 45 minutes at 350 degrees.

Breezy Broccoli And Rice — Gloria Windholz
Serves 6 to 8 generously — Wichita, KS

2 T. salad oil
1 sm. pkg. chopped broccoli
1 sm. jar Cheese Whiz
1 can cream of mushroom soup
1 c. instant (Minute) rice
½ c. chopped onion
½ c. celery (chopped)
¾ soup can milk
1 c. water
½ t. salt
Saute onion and celery in salad oil in small skillet. Add broccoli and Cheese Whiz. Cover and let steam over low heat for about 10 minutes. Add soup, milk, water and rice. Heat to boiling. Pour in buttered 2 quart casserole or 8½"x11" oblong baking dish. Bake uncovered in a 350 degree oven for 20 to 30 minutes.

THIRD PRIZE

Savory Cranberry Yam Bake — Virginia West
Serves 8 to 10 — El Dorado, KS

1 40 oz. can yams, drained
1¼ to 1½ c. sugar
½ c. pecan halves
¾ t. cinnamon
¼ t. nutmeg
⅛ t. ground mace
1 12 oz. pkg. fresh cranberries
1 sm. orange, sliced
¼ c. orange juice
Combine cranberries, sugar, orange slices, pecan halves, orange juice and spices in a 2 quart casserole. Bake uncovered at 350 degrees for 30 minutes. Remove from oven and stir yams into cranberry mixture. Bake 15 minutes at 375 degrees.

Sweet Potato Souffle — Iva Mae Bowers
Wichita, KS

2 c. mashed sweet potato
1¼ c. sugar
¾ c. melted butter
½ t. nutmeg
2 eggs, beaten
1 c. milk
½ t. cinnamon
Mix well and pour into buttered casserole. Bake in oven at 400 degrees for 20 minutes. While baking, make topping.
Topping:
¾ c. crushed Rice Chex
½ c. brown sugar
½ c. nuts, chopped pecans
¾ stick melted butter
Mix topping and spread over baked casserole. Bake 10 minutes at 40 degrees.

Sweet-Sour Potatoes Mrs. Victor Larson
Serves 4 to 5 McPherson, KS

4 slices bacon
3 c. diced raw potatoes
¼ c. finely copped onion
1 T. sugar
¾ t. salt
½ c. water
¼ c. vinegar

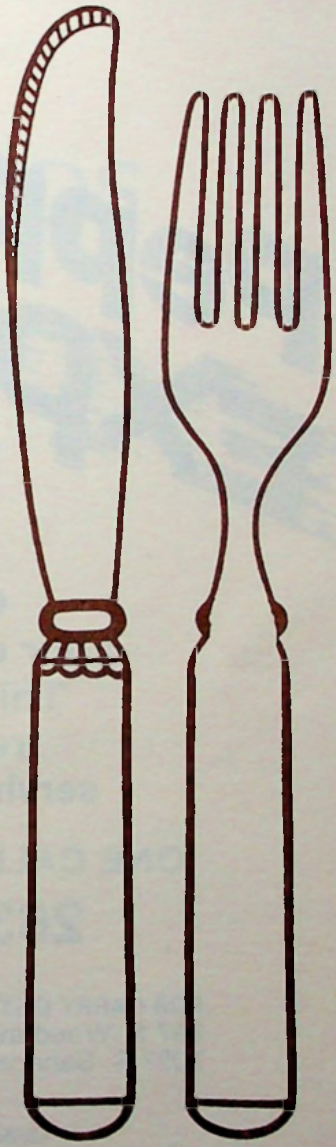
Cook bacon in a fry pan until crisp; remove from pan and chop. Using 2 tablespoons of the bacon fat, cook the potatoes over medium heat, without turning, for 15 to 20 minutes or until they are brown on the bottom. Turn the potatoes with a wide spatula. Add onion and cook for 5 minutes more. Sprinkle sugar and salt over potatoes; add water. Cover and simmer for 15 minutes or until potatoes are tender. Remove from heat and pour vinegar over potatoes. Cover and let stand for 15 minutes. Add chopped bacon and reheat.

Crescent Rolls and Vegetables Elsie Bourn
Wichita, KS

Preheat oven to 400°
16 crescent rolls
Press the crescent rolls into a 15"x10" pan.
Bake 10 minutes.
Cool completely.
Cream together:
2 8 oz. pkgs. Cream cheese (softened)
2/3 c. mayonnaise
1 sm. onion

Spread over the cooled rolls and refrigerate until hardened. When ready, top with fresh vegetables that have been chopped into small pieces...
carrots
tomatoes
broccoli
green peppers
mushrooms

Press these pieces into the crust and refrigerate until needed.



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BREADS

NOTES

THIRD PRIZE

Swiss Bread Ring — Holly Campbell, Winfield, KS

Serves 8 main dish or 16 appetizer servings.

2 pkgs. active dry yeast
1 T. sugar
2 t. salt
3¾ c. sifted flour
1 c. milk
½ c. butter
2 T. Dijon mustard
6 slices bacon, diced
1 med. onion, chopped
1 egg
1 egg, separated
1 (8 oz. pkg.) Cream cheese
½ lb. Swiss cheese, shredded (2 c.)
Sesame seed

In a large bowl, stir together yeast, sugar, salt and 1 cup flour; set aside. In 2 quart saucepan over low heat, heat milk, butter and mustard until very warm (120 to 130 degrees). Using a mixer at low speed, gradually beat milk mixture into yeast until well blended. Increase speed to medium; beat 2 minutes. Add 1 cup flour; beat 2 minutes more. Stir in enough additional flour to make a soft dough. Turn out dough onto lightly floured surface. Knead until smooth and elastic, about 10 minutes. Cover with towel and let rest 15 minutes.

Meanwhile, in 10 inch skillet over medium-high heat, cook bacon and onion until browned. Drain bacon and onion on paper towels. In small bowl, using mixer at medium speed, beat Cream cheese, 1 egg and 1 egg yolk until smooth. Stir in bacon-onion mixture and shredded cheese until well blended.

On lightly floured surface with floured rolling pin, roll out dough into a 24"x8" rectangle. Shape cheese mixture into a cylinder, lengthwise down the center of the dough. Fold each side of dough over cheese mixture, overlapping about 2 inches; pinch seam to seal. Place roll in well greased 10" tube pan, seam down and overlapping ends slightly. Pinch ends to seal. Cover and let rest in warm place 10 minutes.

In a small bowl, with fork, slightly beat reserved egg white. Brush roll with egg white. Sprinkle with sesame seed. Bake in 375 degree oven 1 hour, or until ring is golden brown and sounds hollow when tapped. Remove from pan. Cool on rack at least 15 minutes for easier slicing. Serve warm.

Poppy Seed Loaf — Elsie Bourn, Wichita, KS; Haroldene Everley, Sedgwick, KS; Mary Lynn Glenn, Wichita, KS

Preheat oven to 350°

3 c. flour
1½ t. salt
1½ t. baking powder
3 eggs
1½ c. milk
1⅛ c. oil
2½ c. sugar
1½ T. poppy seed
1½ t. vanilla flavoring
1 t almond flavoring
1½ t. butter flavoring

Mix the above ingredients and beat 1 to 2 minutes with an electric mixer. Pour into 2 large or 3 small loaf pans.

Bake 1 hour at 350 degrees. Let cake cool *only* a few minutes and then pour the glaze over the top.

Glaze:
½ t. butter flavoring
½ t. almond flavoring
½ t. vanilla flavoring
¼ c. orange juice, or ¼ c. lemon juice
¾ c. powdered sugar, or ¾ c. granulated sugar.

100% Whole Wheat Bread — Elizabeth M. Skinner, Wichita, KS

Makes 2 loaves, 1¼ lbs. each

2 pkgs. active-dry yeast
1½ c. warm water (110°)
5 T. honey or molasses
4¾ to 5¼ c. whole wheat flour
¼ c. (⅛ lb.) butter or margarine (melted)
2 t. salt
2 lg. eggs

In a large bowl, combine yeast, water and 1 tablespoon of the honey; let stand about 5 minutes. Add 1½ cups of the whole wheat flour. Beat until smoothly blended. Cover and let stand in a warm place until doubled, 20 to 30 minutes.

Stir in butter, remaining ¼ cup honey, salt and eggs. Add 2 cups whole wheat flour and beat until thoroughly moistened. Stir in another 1¼ cups flour. (If using a dough hook, beat on high speed until dough pulls cleanly from

sides of bowl, 5 to 8 minutes, add flour, 1 tablespoon at a time, if needed.)
Mixing by hand: Scrape dough out onto a whole wheat floured board and knead until dough is smooth, about 10 minutes; add just enough flour to board to prevent sticking. Place dough in oiled bowl.
Cover dough with plastic wrap. Put in a warm place, let rise until doubled, about 1 hour. Punch dough down and knead lightly on a board to release air bubbles. Cut dough into 2 equal portions. Shape each portion into a loaf and place each in a greased 4"x8" loaf pan. Cover lightly with plastic wrap and let rise in a warm place until almost doubled, 20 to 30 minutes. bake in a 375 degree oven until bread is golden brown and sounds hollow when tapped, 35 to 40 minutes. Turn out onto racks to cool.

Sunday Morning Favorites — Marilou Ives
12 rolls for 1/3 of dough — Satanta, KS

2 pkgs. quick-acting dry yeast
2½ c. warm water (105-115°)
¾ c. soft shortening
¾ c. sugar
2 eggs, well beaten
8-8½ c. flour
2½ t. salt
Soften yeast in warm water. Add shortening, sugar, eggs, 4 cups flour and salt. Stir and then beat until smooth, about 1 minute. Stir in remaining flour. Can use hands to work in the last 2 cups. Will be a soft dough. Cover tightly and store in refrigerator overnight, or until needed.
When ready to use, punch down and pinch off 1/3 (or what you will need). Cover remaining dough and store in refrigerator. Shape into rolls and place in a greased 9"x9"x2" pan. Turn out on rack to cool. Can make cinnamon rolls, orange rolls or pecan rolls.

Cloud Biscuits — Elizabeth M. Skinner
12 Biscuits — Wichita, KS

2¼ c. self-rising flour
1 T. sugar
½ c. butter-flavored shortening
1 egg, beaten
2/3 c. milk
1 T. butter or margarine, melted
Combine flour and sugar; mix well. Cut in shortening with a pastry blender until mixture resembles coarse meal. Combine egg and milk; add to flour mixture, stirring just until dry ingredients are moistened. Turn dough out onto a floured surface and knead 3 or 4 times.
Roll dough to ½" thickness; cut with a 2½" biscuit cutter. Place biscuits on an ungreased baking sheet. Bake at 450 degrees for 10 to 12 minutes or until golden brown. Remove from oven, brush with melted butter.

FIRST PRIZE

Rhubarb Muffins — Mrs. Doris Barb
20 nice-sized muffins — El Dorado, KS

1¼ c. firmly packed brown sugar
½ c. margarine
1 egg
2 t. vanilla
1 c. buttermilk
1½ c. chopped nuts
2½ c. all-purpose flour (unsifted)
1 t. baking powder
1 t. soda
½ t. salt
Cinnamon topping
Blend sugar and shortening; add egg, vanilla and buttermilk. Mix well. Stir in rhubarb and nuts. Combine flour, soda, salt and baking powder; stir into rhubarb mixture until just blended. Spoon batter into greased or lined muffin cups till 2/3 full. Sprinkle on the cinnamon topping and press down lightly. Bake in 400 degree oven for 25 minutes until nicely browned.
Cinnamon Topping:
1 T. melted butter or margarine
1/3 c. sugar mixed with 1 t. cinnamon
Mix well.

Prune And Nut Bread — Betty Keeney
Wichita, KS

¾ c. chopped walnuts
1 c. chopped pitted cooked prunes
1½ t. baking soda
½ t. salt
3 T. shortening
¾ c. boiling water or substitute the water the prunes were cooked in.
2 eggs
1 t. vanilla extract
1 c. sugar
1½ c. sifted all purpose flour

Grease a 9"x5"x3" loaf pan.
With fork, beat eggs; beat in vanilla, sugar, and flour. Mix in prune mixture. Bake until cake tester, inserted in center, comes out clean. Cool in pan 10 minutes; remove to wire rack to finish cooling. Then wrap in foil. Store over night before slicing.

Peanutty Sweet Rolls — Paula G. Webb
30 rolls — Wichita, KS

2 pkgs. active-dry yeast
½ c. warm water (105-115°)
½ c. lukewarm milk (scalded then cooled)
½ c. sugar
1 t. salt
2 eggs
½ c. margarine
4½-5 c. flour
Filling:
¼ c. peanut butter
¼ c. brown sugar
Icing:
1½ c. confectioners sugar
2 T. peanut butter
1 T. milk
½ t. vanilla
Dissolve yeast in warm water. Stir in milk, sugar, salt, eggs, margarine and 2½ cups flour. Beat until smooth. Mix in remaining flour to make dough easy to handle. Turn dough onto lightly floured board; knead until smooth and elastic, about 5 minutes. Place in greased bowl; cover and let rise in warm place until double. The dough may also be refrigerated 3-4 days and used later. After the dough has risen; punch down. Take ½ of the dough and roll into a 9"x15" rectangle. Spread with the filling. Roll up beginning at wide side. Pinch edges of dough to seal well. Stretch to make even. Cut roll into 15 slices. Place slightly apart in a greased 9"x13" baking pan. or in greased muffin cups. Repeat with the other half of the dough. Let rise until double. Bake 25-30 minutes in a 375 degree oven. While warm, frost rolls with icing that is mixed together until smooth. You may use this recipe for cinnamon or other rolls.

Doughnuts — Mary Vincent
Kiowa, KS

1 can biscuits
Place on waxed paper. Cut the biscuits in halves with a sharp knife or with a doughnut cutter. Cut holes in biscuits. Deep fat fry in oil or Crisco at 375 degrees for about 2 minutes or until brown to suit your taste. Take out of deep fryer and drain on paper towel. Then roll in powdered sugar while hot.

Danish Puff — Mrs. Carl H. Koster
Cheney, KS

Preheat oven to 350°
1 c. sifted flour
½ c. butter
2 T. water
Put flour in a bowl. Cut in butter. Sprinkle 2 tablespoons water over mixture and mix with fork. Round into ball and divide in half. Pat dough with hands into two long strips, 12"x3". Strips should be 3 inches apart or on separate baking sheets. Instead of two long strips, may be formed in a circle with a hole in the center.
1 c. water
½ c. butter
1 c. sifted flour
1 t. almond flavoring
3 whole eggs
Mix together water and butter and bring to a rolling boil. Remove from heat and add flavoring. Stir in flour vigorously until smooth and thick. Add eggs, one at a time, beating well after each addition. Divide in half and spread over each pastry evenly. Bake 55 to 60 minutes, until topping is crisp and nicely browned. Cool and frost with powdered sugar icing.
Frosting:
1 c. powdered sugar
1 T. butter
1 t. almond extract
Cream together and ice cooled Danish Puff. Sprinkle generously with chopped nuts.

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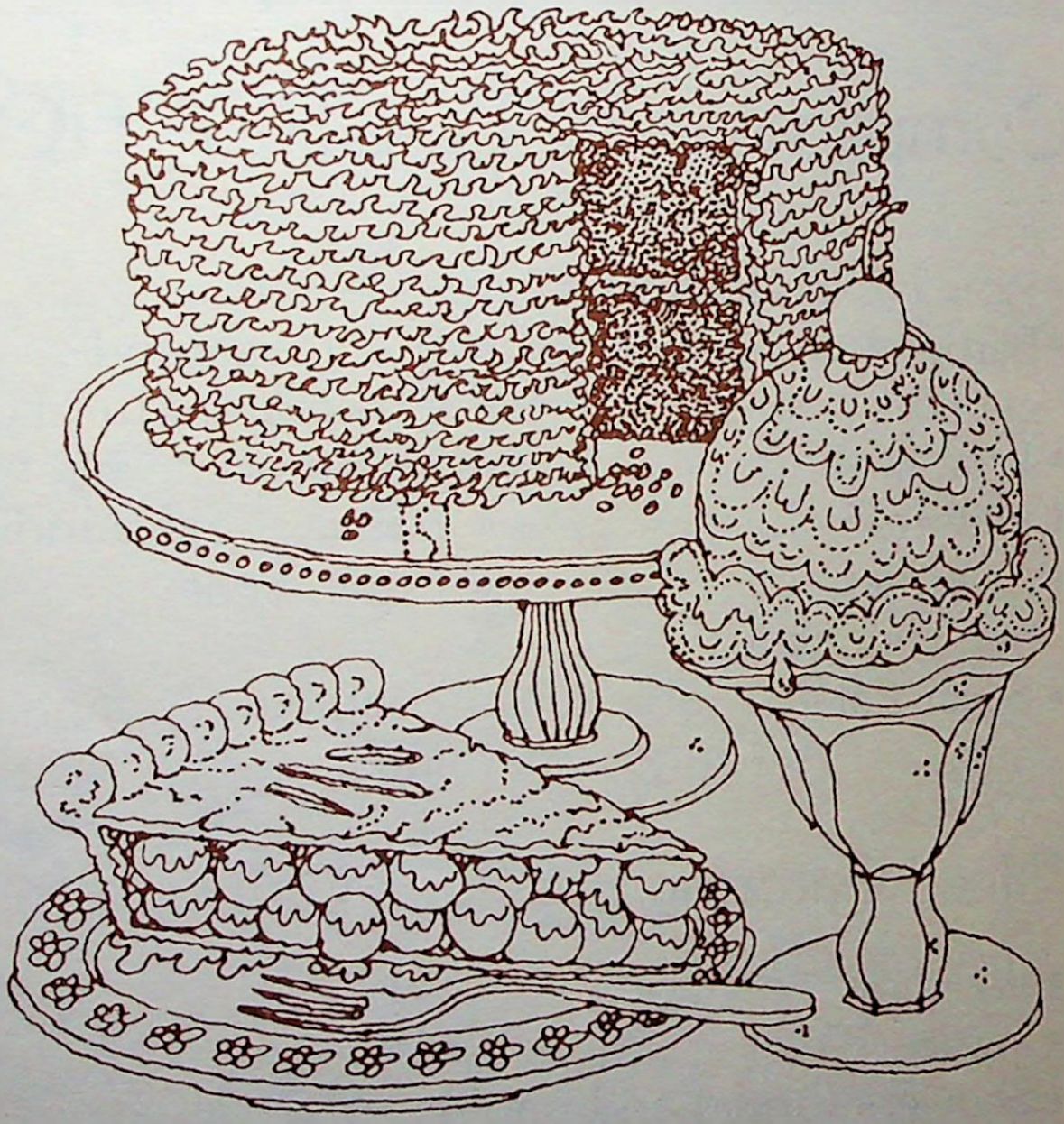


DESSERTS

NOTES

Mom's Orange Date Cake — Jeanne Riley
Serves 10 to 15 — Geuda Springs, KS

Cream together:
2 sticks oleo (1 c.)
2 c. sugar
Add:
4 eggs
1 1/3 c. sour milk with
2 t. baking soda in it.
4 c. flour
Fold in:
1 c. chopped pitted dates
1 c. chopped pecans
2 t. grated orange rind
Bake at 325 degrees for 1¼ hours in greased and floured tube pan, 10"x4"; or 1 hour in greased and floured 9"x13" pan.
Glaze:
1 6 oz. frozen orange juice
2/3 c. sugar
(Hint: pour glaze over cake while both are still hot. If you wait until the cake cools, the glaze won't sink in.)

"Date Cake With Broiled Topping" — Mrs. Doris Barb
Serves 9 to 12 — El Dorado, KS

1 c. chopped dates
1 c. boiling water
1 t. soda
1 c. sugar
½ cup butter or margarine
1 egg, beaten
1 t. vanilla
1/3 c. chopped nuts
1 1/3 c. flour
1 t. soda
1/3 t. salt
Pour boiling water over the dates and soda. Let stand while mixing the sugar and shortening; add egg and vanilla. Sift together the flour, soda and salt, and add to the creamed mixture. Add nuts and cooled date mixture. Put batter into well greased 9"x9" pan and bake at 350 degrees for 35 to 40 minutes.

Topping:
5 T. brown sugar
5 T. cream — ½ c. flaked coconut
2 T. butter — 2/3 c. chopped nuts
Combine and boil for three minutes. Add ½ cup coconut and 2/3 cup chopped nuts. Spread mixture over cake and return to oven. Broil until slightly browned and bubbly.

Apricot Cake — Carrol Rilley
Wichita, KS

1 box lemon cake mix
3 eggs
1 can apricots (303 size)
Mix together and bake in bundt cake pan at 350 degrees. Melt 1 jar of apricot jelly, spoon over cake after turning onto a plate.

Pineapple Dessert — Marjorie Mitchem
Serves 15 large pieces — Sedgwick, KS

1 Jiffy yellow cake mix.
Mix cake mix as directed on box. Bake in 9"x13" pan at 325 degrees for 12 minutes.
1 lg. pkg. of jello instant vanilla pudding
1 8 oz. pkg. of cream cheese
Mix jello instant vanilla pudding as directed on box, and mix in 1-8 ounce package of softened cream cheese. Be sure pudding mixture is set up then pour over the cake.
1 16 oz. can crushed pineapple
Drain can of pineapple and pour pineapple over pudding.
Frost with 1-9 ounce container of whipped topping. Sprinkle with nuts. Refrigerate until ready to eat.

Strawberry Yum Yum Dessert — Mrs. Victor Larson
Serves 15 — McPherson, KS

3 c. milk — 4 egg yolks
¼ t. salt — 1 c. sugar
Scald milk, add salt. Beat together 4 egg yolks and sugar and add to hot milk. Let come to a boil and remove from stove.
2 T. plain gelatin, dissolved in cold water
4 egg whites, stiffly beaten
1 c. whipped cream
1 t. vanilla
½ c. sugar
Sm. angel food cake
Fresh strawberries and chopped nuts
Add dissolved gelatin to above mixture, cool. Fold in stiffly beaten egg whites, let stand until almost set. Then fold in whipped cream, vanilla and sugar.
Break small angel food cake in pieces the size of a walnut. In a 12"x8"x2" pan put a layer of cake, then a layer of custard, layer of fresh chopped strawberries and chopped nuts. Repeat layers. Let set 12 to 24 hours in cool place. Then cut in squares to serve.

Helen's Angel Delight — Helen E. Webber
Serves 8 to 12 — Windfield, KS

1 9" or 10" baked angel food cake
1 3 oz. pkg. orange jello
1 c. boiling water
1 4 oz. pkg. lemon instant Jello Pudding
2 c. milk
1 lg. carton whipped topping
½ c. pecan or english walnut pieces
1 9"x13" dish or cake pan, metal

Break angel food cake into bite size pieces. Put half of the bite size pieces in the bottom of the glass dish or pan. Boil 1 cup water to dissolve the orange jello. Pour with small cup onto the pieces of angel food cake using half of jello (enough to have the cake absorb the jello). Mix the instant lemon pudding mix with the two cups of milk until it begins to thicken, but still thin. With spoon spread the lemon pudding over the cake and jello orange pieces, use only half of pudding mix.

Repeat: Using the other half of the angel food cake, orange jello and lemon pudding to make a second layer. Soften the whipped topping so it will spread over the 2 layers of cake mixture so as to fill the cake pan. Sprinkle the nuts over the top of the whipped topping. Cover lightly with foil and chill in the refrigerator at least 4 hours (preferably overnight).

Quick Dessert — Helen Van Hook
Wichita, KS

1 20 oz. can pineapple with juice
1 box butter brickle cake mix
1 stick butter or margarine, melted
1 c. coconut
1 c. nuts
Whipped cream or ice cream

Pour pineapple and juice into 9"x13" pan (other fruit like apricots or peaches may be used). Top with cake mix (usually Betty Crocker brand). Over this drizzle butter. Top with coconut and nuts. Bake at 325 degrees, 40 to 45 minutes, usually 40. Serve with whipped cream or ice cream.

Mississippi Mud Cake — Mary McCormack
Wichita, KS

1 pkg. brownie mix
½ c. coconut
½ c. pecans
1 jar marshmallow cream

Follow direction for cake-like brownies. Add coconut and nuts, stir. Pour into greased 13"x9"x2" pan. Bake 30 to 35 minutes at 350 degrees. After removing from oven, spread marshmallow cream evenly immediately.

Frosting:
2 T. butter
2 squares chocolate
2 c. powdered sugar
2 T. milk
1 t. vanilla

Melt butter and chocolate in pan. Add sugar and milk. Stir until smooth, may add more milk. Stir in vanilla. Spread on top of marshmallow cream.

Milky Wonder Cake — Gloria Windholz
Serves 10 to 12 — Wichita, KS

6 reg. size Milky Way bars
1 c. butter or margarine
2 c. sugar
4 eggs
2½ c. sifted flour
½ t. baking soda
1¼ c. buttermilk
1 t. vanilla extract
1 c. chopped nuts

Combine Milky Way bars and ½ cup butter or margarine in medium saucepan and melt over low heat or in microwave. Cream ½ cup butter or margarine and sugar until mixture is light and fluffy. Add eggs, one at a time, beating well after each addition. Add flour and baking soda alternately with buttermilk, stirring until smooth. Add melted candy, mixing well. Stir in vanilla and nuts. Pour batter into well greased and floured bundt pan or 10" tube pan. Bake at 350 degrees for 1 hour and 20 minutes or until done when tested with wooden pick. Remove from oven. Cool completely and remove from pan. Does not need icing.

Overnight Crunch Coffee Cake — Opal Dalke, Hillsboro, KS
Serves 16

2 c. flour
1 t. baking powder
1 t. baking soda
1 t. cinnamon
½ t. salt
2/3 c. margarine
1 c. sugar
½ c. brown sugar
2 eggs
1 c. buttermilk

Sift together flour, baking powder, soda, cinnamon and salt. Cream together margarine, sugar and brown sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Add dry ingredients alternately with buttermilk, beating well after each addition. Spread batter in 13"x9"x2" pan which has been greased and floured.

Combine for topping:
½ c. brown sugar
½ c. chopped nuts
½ t. cinnamon

Sprinkle over batter. Refrigerate eight hours or overnight. Bake in 350 degree oven for 45 minutes or until done. Cut into squares and serve warm.

"2" Easy Cake — Berta Carlisle, Rosalia, KS

2 c. flour
2 c. crushed pineapple, 20 oz. can undrained
2 c. sugar
2 t. baking soda
2 eggs
2/3 c. walnuts, chopped (optional)

In a large mixing bowl combine flour, pineapple, sugar, baking soda, eggs and walnuts (if desired). Blend on high speed for 3 minutes. Pour in a 9"x13" oblong greased and floured cake pan. Place in preheated 375 degree oven for 30 to 40 minutes or until middle of cake springs back.

Frosting:
1 8 oz. pkg. cream cheese, softened
½ c. butter or margarine, softened
2 c. powdered sugar
1 T. vanilla

In a medium mixing bowl, blend softened cream cheese, butter, powdered sugar and vanilla for 2 minutes on medium speed or until smooth. Spread on cooled cake evenly!

English Trifle — Kaye Bainbridge, Wichita, KS
Serves 8

1 pkg. Dolly Madison Jelly Roll or plain sponge cake
1 3 oz. pkg. jello strawberry flavor
1 5¼ oz. pkg. vanilla instant pudding mix or a custard mix
2 10 oz. pkgs. frozen sliced strawberries
1 (½ pt.) whipping cream
Sherry to taste (approximately 2 oz.)
8" or 9" deep glass dish

Cut roll or sponge cake in slices and line bottom of dish. Pour sherry over cake and let it soak in. Defrost fruit, drain, (save juice to make up jello). Use 1 cup of hot water and fruit juice (if necessary add cold water to fruit juice to equal one cup) to make up jello. Place fruit over cake, then pour jello over. Refrigerate until jello is set firm. Make up pudding mix or custard. If hot milk is used, be sure it is cold before pouring over set jello. Whip cream until firm. Spread on top of pudding mix.

Peach Pinwheels — Mrs. June Bennett, Hutchinson, KS
Serves 8

2 T. quick cooking tapioca
1 c. sugar
½ t. salt
½ t. cinnamon
4 c. sliced fresh or frozen peaches
1 c. water
1 T. lemon juice

Combine tapioca, sugar, salt, cinnamon, peaches, water and lemon juice. Pour into greased 12"x7" baking dish.

1 c. biscuit mix
1 T. sugar
1/3 c. light cream (or ¼ cup milk and 2 T. melted butter or margarine)
1 or 2 T. softened butter or margarine
2 T. sugar
½ t. cinnamon
3 T. chopped pecans (optional)

Combine biscuit mix and sugar. Add cream (or milk and melted butter or margarine) and stir until soft dough is formed. Turn onto lightly floured board and knead 10 times. Pat or roll lightly into a 6 inch square about ¼ inch thick. Spread with softened butter or margarine and sprinkle with 2 tablespoons sugar, ¼ teaspoon cinnamon, and the pecans. Roll as for jelly roll. Moisten edge and press against to seal. Cut into eight 3/4 inch

slices and place, cut side up, on peach mixture. Bake in preheated oven, 425 degrees for 25 minutes. Serve warm or cold.

Cherry Something — Mary Vincent, Kiowa, KS

1 can (1 lb. 5 oz.) pie cherries
1 sm. pkg. white cake mix
Almond flavor (a few drops)
Sliced almonds (2/3 c.)
1 stick melted margarine (oleo or butter)
Pour cherries in bottom of a greased pan. Mix almond flavor in with teaspoon. Sprinkle cake mix over the cherries. DO NOT STIR TOGETHER. Pour melted oleo or butter over cake mix. Sprinkle on sliced almonds. Bake at 375 degrees for about 40 minutes.

Pistachio Dessert — Elsie Bourn, Wichita, KS

30 Ritz Crackers (crushed)
1 stick margarine
Mix and put into the bottom of a 9"x13" pan.
2 pkgs. pistachio instant pudding
2 c. milk
1 qt. softened vanilla ice cream
Mix these together. Pour over crust. Spread Cool Whip on top. Sprinkle with nuts (chopped pecans). Freeze.

THIRD PRIZE

Pizza Fruit Tart — Lola Cleavinger, Wichita, KS
Serves 12

1 pkg. Lemon Plus cake mix
2/3 c. graham cracker crumbs, (finely crushed)
½ c. pecans, (finely chopped)
½ c. butter, softened
1 lg. egg
Heat oven to 350 degrees F. In your large mixer bowl, combine cake mix, graham cracker crumbs, nuts and butter at low speed until crumbly. Blend in egg. Press mixture in ungreased 12 or 14 inch pizza pan. When using a 12 inch pan, crimp edge as you would for a pie crust. Do not extend crust onto edge of pan.
Topping:
1 3 oz. pkg. cream cheese (room temperature)
1/3 c. sugar
1 c. whipping cream
Assorted fresh fruits (sliced bananas, peach slices, strawberry halves, green and black seedless grapes, kiwi, or melon balls, canned mandarin orange slices or pineapple chunks.)
¼ c. apple jelly, melted
In your mixer bowl, beat your cream cheese until fluffy. Gradually add sugar; beating and blending well. Place mixer bowl and beaters into freezer until bowl and beaters are very cold. Remove from freezer, beat in whipping cream until soft peaks form. Spread this cream mixture on cooled crust. Arrange fruit on top. Brush with melted jelly. Cut into wedges. If there are any leftovers, refrigerate.

Raspberry Pie — Shirley Turnbow, Wichita, KS

1 9" baked pie shell
1 10 oz. frozen raspberries in juice, thawed
½ c. honey
½ c. water
2½ T. cornstarch
2 T. orange juice
In medium saucepan combine honey, water, cornstarch and raspberries. Stir until mixture begins to boil, cook 2 minutes longer, until thick, on low-medium heat. Remove from heat, add 2 tablespoons orange juice. Pour into baked pie shell. Cool. Add Cool Whip or whipped topping when you serve.

Apple Crumb Pie — Mrs. Carl H. Koster, Cheney, KS

Plain pastry for 1 crust.
4 lg. tart apples
1 c. sugar
1 t. cinnamon
3/4 c. flour
1/3 c. butter
Pare apples: cut in eighths and arrange in 9" unbaked pie shell. Sprinkle with ½ cup sugar mixed with cinnamon. Sift remaining ½ cup sugar with flour; cut in butter until crumbly. Sprinkle over apples. Bake in hot oven, 450 degrees for 10 minutes, then in moderate oven 350 degrees for about 40 minutes or until apples are tender.

FIRST PRIZE

Frozen Lime Pie — Florence Hutchins, Wichita, KS

6 eggs
½ c. lime juice
2 T. grated lime rind
1 c. sugar divided
⅛ t. salt
1 pt. whipping cream, whipped
Separate egg yolk from the whites. To the egg yolks, add lime juice, ½ cup sugar and salt and rind. Cook in double boiler until mixture coats the spoon. Beat egg whites and add ½ cup sugar. Add cooked lime mixture to egg whites and mix well. Fold in whipped cream. Pour into two prepared graham crusts and place in freezer.
Crust
22 Cinnamon grahams (rolled fine)
½ t. cinnamon
¼ c. sugar
¼ c. butter
2/3 c. chopped nuts
Mix ingredients and put in two 8" pie tins. Bake 10 minutes.

Marshmallow Luscious Pie — Mrs. Darrel Hoobler, Plains, KS
Serves 6 to 8

1 9 oz. can crushed pineapple
1 lb. marshmallows
1 c. cream, whipped
¾ c. nuts (optional)
8 to 10 graham crackers, crushed
Drain pineapple and heat 4 tablespoons juice over low heat. Add marshmallows 3 or 4 at a time, beating all the time. After all are dissolved and creamy, cool and add drained pineapple, whipped cream and nuts. Have an 8"x8" square dish buttered and sprinkled with the graham cracker crumbs, add filling and cover lightly with the rest of the crumbs. Chill until set in refrigerator.

Butter Brickle Dessert — Holly Campbell, Winfield, KS

12 saltine single square crackers, crushed
12 long graham crackers, crushed
¼ c. butter, melted
2 4 oz. pkgs. instant vanilla pudding
2 c. milk
1 qt. butter brickle ice cream
1 8 oz. refrigerated whipped topping
2 Heath bars, grated
Mix saltine crackers, graham crackers, and melted butter together and press into 9"x13" pan. Mix together the pudding and milk for 2 minutes until thick. Add ice cream and mix until smooth and thick; spread on crust. Spread whipped topping on top. Sprinkle Heath bars on top. Refrigerate until ready to serve. Cut into 10 squares.

Oatmeal Coconut Cookies — Iva Mae Bowers, Wichita, KS
6 dozen

1 c. granulated sugar
½ c. real butter
2 eggs
2 c. all purpose flour
1 t. baking soda
½ c. chopped nuts, pecans
1 c. firmly packed brown sugar
½ c. lard
1 t. vanilla
1 t. baking powder
1 c. shredded coconut
3 c. old fashioned oats
Heat oven to 350 degrees. Cream sugars, butter, lard, eggs and vanilla. Blend in flour, baking powder and baking soda. Fold in coconut, nuts and oats. Mixture will be stiff. Roll into 1" to 1½" balls; place on a lightly greased baking sheet and flatten slightly with spoon. Bake 12 to 15 minutes.

Vanilla Cookie Bars — Mary Lynn Glenn, Wichita, KS
Makes 24 bars

1 box cake mix, white or yellow
1 stick butter, melted (½ c.)
1 egg
1 c. chopped nuts (optional)
1 8 oz. pkg. cream cheese, softened
2 eggs
1 1 lb. box of powdered sugar (about 4½ c.)
1 to 1½ t. vanilla
Combine cake mix, butter, one egg and nuts. Mix well and pat into a 9"x13" pan. Combine cream cheese, 2 eggs, sugar, and vanilla. Mix at low speed and pour over crust. Bake at 300 degrees for 55 to 60 minutes. Cool and cut into squares. Recipe can be frozen after baking.

Snickerdoodles Jean Regan
Makes 5 dozen Wichita, KS

½ c. sweet butter
¾ c. sugar
1 whole egg
1 egg yolk
1 2/3 c. flour
½ t. baking soda
½ c. walnut pieces
½ c. raisins
1 t. nutmeg
Cream butter and sugar. Beat in whole egg and egg yolk. Sift flour and soda with ½ teaspoon nutmeg. Mix into batter. Fold in nuts and raisins. Drop from a teaspoon, 2 inches apart onto a buttered cookie sheet. Sprinkle with sugar and cinnamon. Bake at 375 degrees for 10 to 12 minutes.

Reeses Peanut Butter Balls Elaine Bird
Wichita, KS

2 c. peanut butter
1 12 oz. pkg. chocolate chips
1 stick margarine
½ bar paraffin (makes chocolate harden)
1 box powdered sugar
Mix peanut butter, margarine and powdered sugar. Roll into balls and refrigerate. Melt chocolate chips and paraffin in a double boiler. Use a toothpick to dip balls into chocolate. Place on wax paper.

Easter Egg Nests Betty Keeney
20 Easter egg nests Wichita, KS

2 c. sugar
1 stick oleo or margarine
½ c. milk
Pinch salt
½ c. cocoa
Heat to rolling boil for 2 minutes. Remove from heat and add:
3 c. oatmeal (uncooked)
½ c. peanut butter
1 t. vanilla
Mix well all the ingredients and drop by teaspoon on wax paper. While still soft, press in three colored jelly beans on top of each cookie. Get someone to help you as they harden quickly. When cool, wrap each Easter egg nest in saran wrap to put in your child's Easter basket.

Sauce Pan Brownies Sheila Finkle
Serves 12 Buhler, KS

1 stick butter
4 T. cocoa
2 c. sugar
⅛ t. salt
1 t. vanilla
4 eggs
1 1/3 c. flour
½ c. nuts (optional)
Melt butter. Add sugar. Add eggs one at a time, beating well after each egg. Add remaining ingredients. Bake in 9"x13" pan for 20 minutes at 350 degrees.

SECOND PRIZE

Buttermilk Cinnamon Rolls Elizabeth M. Skinner
About 18 Rolls Wichita, KS

Dough:
2 pkgs. dry yeast
¼ c. warm water
1½ c. buttermilk
3 T. sugar
1 t. salt
½ t. soda
½ c. vegetable oil
4½ c. flour
Dissolve yeast in warm water. Heat buttermilk until warm. Stir in sugar, soda, oil, flour and yeast until mixed. Knead 15 times. Cover and let rise 15 minutes. Roll dough into rectangle approximately 10"x8".
Topping:
½ c. butter, melted
1¼ c. firmly packed brown sugar
1½ t. cinnamon
Combine ingredients and spread on dough. Roll up rectangle, cut into 1 inch pieces, and place cut side up in buttered 9"x18" pan. Let rise 30 minutes.
Preheat oven to 400 degrees. Bake rolls for 10 to 15 minutes, until lightly browned. Cool slightly and serve. (Half of recipe will easily fit 8"x8" pan).

German Pancakes Mary McCormack
May be used as Crepes Wichita, KS

1 c. milk
1 c. flour
⅛ t. salt
1 T. sugar
3 eggs

With wisk mix dry ingredients. add eggs. Pour into a hot greased skillet just enough batter to cover bottom of skillet. Lightly brown. and turn over, brown other side, and remove. Good eaten with applesauce or syrup or jam.

Best Ever Orange Sherbet — Betty C. Garey
Serves 20 to 25 — Hutchinson, KS

3 (3 oz. size) orange jello
2 c. sugar
3 c. boiling water, cooled
1 6 oz. can frozen orange juice
1 6 oz. can frozen lemonade
½ pt. whipping cream
Milk to fill one gallon freezer.
Put 3 cups boiling water in jello. Stir in 2 cups sugar until dissolved. Cool. Add orange juice and lemonade (thawed). Add ½ pint whipping cream and milk along with other ingredients to fill one gallon freezer. Make like homemade ice cream. Freeze. Use 1-6 oz. can of frozen limeade in place of orange juice and lime jello to make very good lime sherbet.

Peach Ice Cream — Lela Vreeland
Haysville, KS

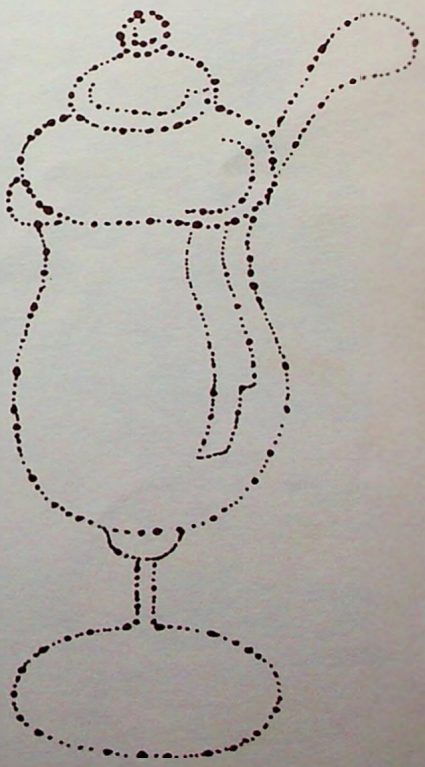
8 to 10 unpeeled peaches, blended and set aside
4 eggs beaten
2½ c. sugar
3 T. vanilla
1 pt. cream
2 qts. half and half
Blend well. Then add the blended peaches and freeze for thirty minutes.

Rich As A Mousse — Marilou Ives
Satanta, KS

1 c. milk
1 6 oz. pkg. chocolate chips
3 egg yolks
1 t. vanilla
Heat milk to almost boiling. Add chips to milk after pouring into blender. Add yolks, 1 teaspoon vanilla and blend until smooth, approximately 1 minute. Pour into individual sherbet dishes, top with dessert topping and pecans and eat!

Dutch Babies — Marjorie Thompson
Hutchinson, KS

4 eggs
1/3 c. butter or oleo
1 c. milk
1 c. flour
A little sugar and cinnamon (optional)
Melt butter in glass baking dish in oven at 425 degrees while mixing eggs in blender at high speed for one minute. Pour in milk slowly while blender is going, then slowly (1 tablespoon at a time) add the flour. Can put a little sugar and cinnamon in batter if you wish. Whirl mixture 30 seconds after adding milk and flour and pour into melted butter. (3 to 4 quart dish). Bake 20 to 25 minutes at 425 degrees until puffy and light brown. Serve at once (with powdered sugar, maple or pancake syrup, blueberry juice, etc.). Must be eaten right away after cut into pieces or will fall.



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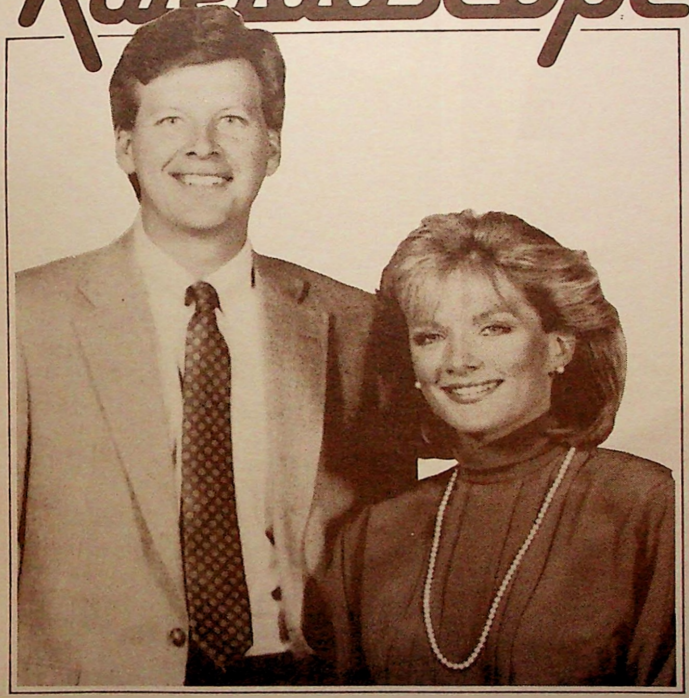

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